#### Asthma Gone After **Twenty**

Tennessee Woman Suffered Untold Agony-Could Hardly Stand It-Since Taking Lung-Vita Is Now Al-

"I had been a sufferer with asthma for the past twenty years and fre-quently had to sit up in bed to get my breath. My attacks would come on about the last of May every year and for about four months I would suffer so much I hardly know how I stood it," says Mrs. Mary Ellis of Johnsonville, Tenn.

"I had every doctor in our town with me and had tried every kind of medicine that was recommended. Nothing seemed to give me relief for any length of time. And should we happen to have a rain I was in for a lot of suffering. I would have to sit up in my bed all night struggling for breath. I finally heard of Lung-Vita and tried it, and my only regret is that I did not hear of it sooner, for by its help I have not had a doctor in my house for a couple of years, and when it rains I can go to bed and sleep just as well as any-Fact is, I consider myself well. I hope that every one suffering with asthma will try out Lung-Vita. for I believe it will cure them. And speak from my own experien e" Your druggist or dealer should handle Lung-Vita, but if he won't supply you write Nushville Medicine Co., Nashville, Tenn. (Adv.)

LETTER FROM FRANCE. Madam Bessie T. P. Rhoda, of the Rhoda College, has just received a letter from her husband, who is somewhere in France. Private Rhod. states that he is enjoying good

MRS. LAURS HAWKINS RICE VIS-ITING RELATIVES.

beio, Ohio, is the guest of Madam also the guest of her brother. Mr. Hawkins, on Kayne avenue, Mrs. Rice was formerly of Nashville, but has been away for several years. She can see a great change in the city since she has been here.



#### Rheumatism

A Home Cure Given By One Who Had It

In the spring of 1803 I was attacked by Muscular and Inflaminatory Rheumatism. I suffered as only those who have it know for over three years. I tried remedy after remedy and doctor after doctor, but such relief as I received was only temporary. Finally, I found a remedy that cured me completely, and it has never returned. I have given it to a number who were terribly afflicted and even bedridden with Rheumatism, and it affected a gure in every taste.

I want every sufferer from any form of rheumatic trouble to try this marvelous healing power. Don't send a cent; simply mall your name and address and I will send it free to try. After you have used it and it has proven itself to be that long-looked-for means of curing your rheumatism, you may send the price of it, one dollar, but understand, I do not want your money unless you are perfectly satismoney unless you are perfectly satisfied to send it. Isn't that fair. Why suffer any longer when positive relief is thus offered you free. Don't delay.

Mark H. Jackson, No. 482E Gurnay idg., Syracuse, N. Y. Mr. Jackson is responsible. Above statement true



#### KNOCKS OUT PAIN THE FIRST ROUND

Comforting relief from pain makes Sloan's the World's Liniment

This famous reliever of rheumatic aches, soreness, stiffness, painful sprains, neuralgic pains, and most other external twinges that humanity suffers from, enjoys its great sales because it practically never fails to bring speedy, comforting relief.

Always ready for use, it takes little to penetrate without rubbing and produce results. Clean, refreshing. At all drug stores. A large bottle means economy,



LABOR DEPARTMENT NEWS.

This column tells what the Department of Labor is doing with particular regard to problems of war pro-

SUPERINTENDENTS NAMED FOR WAR-TRAINING WORK

tion's Great Task of Fitting Un-

Districts have been designated by strative convenience, and in order to American citizenship. cooperate closely with the Nation's conform to the production districts of the Ordnance Department. Along the eastern- seaboard, where munitions plants and other war projects abound, the districts are small; in the West Adopted and South, on the other hand, the problem is one of covering a comparatively small number of plants in large stretches of territory.

English experiences, so valuable in Department, can be utilized but not duced by various factories as a means or, must cover an area 3,000 miles in eccived by the Division of Economics. extent from east to west and more than half as much from north to south. Service, Department of Labor. The problem is vastly greater and

met abroad ointed by Mr. Clayton: District 1: A. L. Lewis, 30 Berwick

Street, Worcester, Mass, superintend- until the en dof the quarter. ent of training; Aldus C. Higgins, Norton Grinding Co., Worcester, special introduced a plan of adding to em-representative District includes Maine playees' pay, provided they are willw Hampshire, Vermont, Dhode Is- ing to give regular attendance. and, and eastern Massachusetts.

Ordnance Office, 945 Main Street, Mrs. Laura Hawkins Rice of To. Bridgeport, Conn., asistant superin- absences were cut to 6,892 hours and t and western Massachusetts.

District 3: Henry C. Austin, official hours. tation Rochester, N. Y., superintendent; H. T. Noyes, Rochester, special award is given each six months for

Tioga, Yycoming, Union, Snyder, Muff- return to 6 per cent. lin, Juniata, Cumberland, and Adams Special awards payable at the end

race Hotel, Atlanta, Ga., special repre- been introduced. entative. District includes Warren. Perry, Morgan, Noble and Monroe treatment. Mississippi, ouisiana, Gorgia, and Florida.

District 9: J. T. Teahan, Detroit, to ascertaining these causes, pecial representative. District comrises the State of Michigan.

ounties in northern Illinois: Iowa, Wisconsin, Minnesota, North and

South Dakota and Montana. District 11; Phillip C. Molter, Richncludes southern Illinois and States west of Mississippi, except those in-cluded in District 10 and Louisiana. District 12: Harry M.| Clark, super-

Morton B. Gilbert, St. Regis Hotel New York City, and John C. Spence Norton Grinding Co., Worcester, Mass. have been named special representa-

> TEXTBOOKS READY FOR ALIENS.

United States Who Wish to Become Citizens Will Be Aided by

Textbooks on citizenship for aliens, positions in modern industry, which are included not only many This great task is a part of the warn which are included not only many nent of the United States, but a great not only to fill as promptly as possible amount of information of value in the the vacancies left in the ranks of United States Department of Labor. | time production. The schools of the Nation will be in-

aliens to fill useful places in the life of field service throughout the country. the community and to fulfill loyally

The book, an attractive little work districts of the Ordinance Department, durably bound in a flexible cover, is and has named superintendents to diarranged to serve not only as a text- rect the work in each locality. The cobook of government and an exposition peration of schools is being enlisted, of American ideals, but to assist in the and as a result the State of Connec- Franklin, Tenn., wish to thank the education of the student in the Eng- cut, through Gov. Holcomb, has many friends of Franklin for their lish language. The first new lessons turned over to the Service its trade kindness shown during the illness and are prepared in a way to suggest to schools, located at Putnam, South Man-death of their dear son and brother,

of government are then discussed; the ry, and have already distinguished Mays of Franklin, also the Independence are reprinted as the training. foundations of American liberties, and Bureau of Naturalization makes no for war-time jobs. Competent shopattempt to induce foreigners to become men who need training in instructional citizens, but it offers every facility in methods will be enabled to obtain it its power to those who are desirous of through evening classes.

from practices in their native lands, giving similar instruction.

any conceivable subject. distribution among the foreign born, of the Western Efficiency Society. he Training and Dilution Service of but it does not become the property the Department of Labor as an admin- of the student until he has attained

in Many Places Have Adopted Premium Plan to Insure Full-Time Work Each Week. Keeping workmen on their jobs is vital to war production, but in many places it has proved a difficult task. A premium system and an inquiry many other undertakings of the Labor and follow-up method have been intro copied in the training and dilution of promoting better attendance, and ork, for the American organization, some interesting information regard-

more difficult than that which has to town of 10,000 population employs 100 men and 100 women. This factory The following are the districts, with pays for a full day Saturday, pro-

the Information and Education

A large New York establishment has April, before the plan was tried, ab-

District 2:H. J. Hanson, District sences totaled 8.171 hours a month r the 800 employees. In May the District includes Connecti- in June to 5,846. In July, despite vacations the absences rose only to 6.894 In a Pennsylvania plant a 5 per cent

District includes men who remain in the company's emorthern New York to the northern ploy during the six-month period. A andaries of Sullivan Ulster, Greene, special bonus of 10 per cent is given to men who work six days each week. District 4: Fred F. Moran, 234 La-avette Avenue, Brooklyn, N. Y., su-Pennsylvania plant where 3,000 women erintendent of training; Percy S. and 17,000 men are employed. Those traus, 1317 Broadway, New York, specemployees who are not absent more bil representative. District includes han one day in a month receive a 6 uthern New York and Hunterdon, per cent award, provided their tardiformouth, Somerset, and Middlesex ness does not exceed one hour for the mouth. If the record is continued for District 5: Fred L. Glynn, 1710 Mar- a second month, the bonus is 7 per et Street, Philadelphia, superintend- cent, and for a third month 8 per cent. ent. District includes southern New Any failure to keep up the record Jersey Delaware and to the west of means that the next award paid will

of every fortnight are given in an-District 6: J. W. Hosner, New Ken- other Pennsylvania factory to emington, Pa., superintendent. District playees whose atendance record is includes southern and western Penn-sylvania, except Mercer, Crawford and 10-hour working day, gives a 5 per Erie Counties; West Virginia and Jef- cent bonus to men who work 55 hours erson and Belmont Counties, Ohio. a week. That is full time, for Saturtinia, North Carolina and South Caro- made for tardiness, which also entails forfeiture of the bonus.

District 8: J. G. Brueggeman, care Connecticut and New York plants innati, superintendent; E. F. Du Brui, lent success in reducing absenteelein. ame address, special representative; In one New York plant a combination

In a Massechusetts factory, records Tippecanoe, Clinton, Howard, Grant, kept of absences are followed up and Jay Counties, Ind; Darke Miami, promptly. Those who are sick or in-Clark, Tweate, Pickaway, Fairfield, jured are given advice or medical Another Massachusetts counties, Ohio; Kentucky. Tennessee, plant has found the plan of remedying Alabama, causes for absence very effective, and one inspector devotes his whole time

The usual plan is to visit employees at their home, and to find the reason District 10: -G. W. Seiler, superin- for thei rabsence from work. Those District includes northern Indiana, 11 get back o nthe job. One Massechusetts company follows up absentees by itomobile, sending to their homes at ince as soon as abscence is noted.

A large Michigan factory found that nond. Ind., superintendent. District employees at first resented the arrival if company visitors at their homes, but tare in the choice of the visitor over came the difficulty. The visitor is now welcome at any home. The managemendent; includes northern Ohio and mbent urges, however that the persondercer, Crawford and Erie Counties allty of the visitor of the utmost importance.

> SCHOOL AID GREAT TRAINING PROJECT

New Service of Department of Labor, to Fit 9.000,000 Workers for Skilled Jobs, Aided by Educational

Cooperation between the Government Foreign-Born Residents of the and the schools of America is making possible what is perhaps the greatest training of 9,000,000 unskilled workers men and women, to fit them for skilled

important facts regarding the Govern- emergency program, and is designed home and in business life, have been skilled mechanics by enlistment and prepared by Raymond F. Crist, Deputy the draft, but also to supply the

Charles T. Clayton, director of the trusted with the task of giving instruc- Training and Dilution Service of the mother, daughter, sister and aunt tion in citizenship to the great num- Department of Labor, is in charge of and for the beautiful floral deligns. bers of foreign-born residents of this this project. The Service now occupies country and the textbook prepared by a three-story building in Washington, Mr. Crist, with the aid of the teachers near the main building of the Labor of citizenship classes is designed to fit Department, and is building up its

Mr. Clayton has divided the country their duties to the land of their adop- int odistricts, the boundaries being identical with those of the production

making America their home, and aims one only to instruct them in their rights, duties and privileges under the institutions as Girard College, Drexel Sisters and Brothers. (Adv.)

American law, but also in America Institute, and Spring Garden Institute, manners and customs which may differ in Philadelphia; are already at work A highly important development of the president of the Board of Educathis work has ben the recent estab tion of Milwaukee, the facilities of the lishment of information bureaus for Boys' Trade School of that city have aliens, where foreigners may obtain such that the house of the second such that the second su thusiastic over the work and the board The object of the Bureau of Natu-burn School, a large three-story buildralization in all its activities is to ing, and made an appropriation for inmake the alien feel that America is stallation of power and provision for Organization Is Perfected for Na- friendly to him and that the Govern- equipment. Local manufacturers are ment seeks to aid him in his work providing machinery, which is being Workers for Skilled Jobs. and in his home life. The textbook is installed by officers of the Training being prepared in large numbers for and Dilution Service and a committee

New York and other cities are making arrangements to extend through the Training and Dilution Service all the aid they can give to the great inwar program they have been made to KEEPING WORKMEN ON THE JOB. dustrial educational project so vital to the winning of the war.

> INVESTIGATE NEGRO LABOR PROBLEMS.

Committees Organized by Director of Negro Economics Undertaking Important Work in South.

Two important investigations connected with the labor problems of the war are now under way in the South which Charles T. Clayton is directing the success of these plans has been ern States-one to determine what truth, if any there is in charges that nearnes are quitting work because they receive allotments from relatives in A small Pennslyvania factory in a the military service, and the other to examine proposals that negro women be subjected to compulsory-work laws.

The object of organizations built up her administrative officers as ap vided the employee works 54 hours a by Dr. George E. Haynes, Director of week. An additional award of 15 per Negro Economics of the United States ent is paid all employees remaining | Department of Labor, is to make the relations between the white and colored populations of the Souther States as congental as possible, and to pre vent discrimination against the negro in labor affairs.

A canvass of the colored people of Florida is being undertaken with a CILARYE HOWSE lew to impress upon them the neces ity of coluntary aid, to the best of their ability, in the Government's warlabor program. This project, it is believed, will overcome the labor shortage without result to compulsion, and will stimulate to useful employment any negroes who may have quit work cause of Government allotments.

The work of the Division of Negro Economics is carried on through State and county organizations composed by irizens. There has been excellent co peration between the races in workg out war-labor problems.

Florida's special problems were dis cussed recently at a conference held Ocala, under the auspices of the State Negro Workers' Advisory Committe, the chairman of which is President N. B. Young of the A. & M. College for Negroes.

An important part of the work of the State committe was the preparaperation of white employers and negro workers in all parts of the ate, to promote better understanding between them and to remove the dis content of the workers so that they District 7: Includes Maryland, Vir- day is a half day. Deductions are thuslastic work for greater production of food and supplies needed to win the war.

In Jacksonville a local branch of Miller, Du Brul & Peter Co., Cin- using the premium system report excel- the State committee has led to the establishment of a training center to Dr. Clifton R. Atchison, Georgian Ter- of the bonus and follow-up systems has work in which they can replace men, instruct colored women along lines of and W. A. Armwood, a Negro of Tampa ,is touring the State to intrest Negro preachers, lodge leaders, and

others inthe Government's program. "If we are going to raise the food needed by our soldiers, our allies, and ourselves at home, every man and woman who can help in the garden or on the farm can see that it is his or her patriotic duty to join in," declares Dr. Haynes. "This is a bigger question than earning a living; it comes to be a question of working to have the enders, with headquarters at Chicago, who are merely loafing are urged to food on which to fight to save our selves and other people from German slavery. Every landowner can also now see that this is a bigger question than success on his land, but a quesion of doing whatever needs to be done to induce laborers to work the land and raise the necessary food."

TEN YEARS WITHOUT A DAY LOST

Splendid Record Established by Worker at Fore River Plant.

Ten years' work without a day lost s the record established at the Fore River shipyard by Thomas Josephs, who has just been awarded a vacation with pay in recognition of his service. This is the sort of labor that counts against the Kaiser.

LOOKING FOR HER SON Nashville, Tenn., Nov. 5, 1918. I am trying to locate my son Thomas Jackson, who has been gone for five years. The last letter I had educational feat ever attempted-the from him he was in Sheffield, Ala. He is 21 years of age, complexion, dark

brown and slender built. Any information given will be greatly appreciated by me. My address is 705 9th Ave., S.

Mrs. Mary Work. CARD OF THANKS " We take this method to thank our commissioner of Naturalization, in the greatly increased requirements of war- many friends and neighbors for their kindness shown us during the illness and death of our loving wife,

> Mr. and Mrs. Wm. Andrews. Mr. Joseph Sellers, Herman B. Sellars, Mrs. Rebecca Andrews. Miss Nettie M. Andrews. Mrs. Irene Libscomb. Mr. and Mrs. Wesley I. Streat and children.

(Adv.)

CARD OF THANKS. Mr. and Mrs. Charlie Russell the teacher methods of drill for classes chester. New Britain. Torrington, Dan-more or less deficient in knowledge of bury. Bridgeport and New Haven for age, 22 years. We also thank Mrs. raining purposes. These are among Oley Walker, Mrs. J. B. Briggs The machinery, methods and theory the most practical schools in the coun- (White), Misses Bradley, Mr. Lytle Constitution and the Declaration of themselves by their work in war friends of Williamsport for the beautiful floral designs. May God's bless-They will immediately begin train- ings continue to smile upon each of the various ways in which the Geverning men who, when graduated, will you. Mr. Golden Russell was laid to ment touches the citizen in his daily act as instructors in factory schools rest under a blanket of beautiful life-through the post office and other or elsewhere, for the great numbers flowers in Samaritan Chapel Cemeagencies-are described fully. The of men and women who will be fitted tery, October 27, 1918. Mrs. A. J.

Morton in charge. Mr. Charlie Russell, Father. Mrs. Maggle Russell, Mother. Mrs. Gertrude Smith, Mrs. Nancy

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bined efforts. In another column you will find the community chairman, who will organize those under him until there is some one over every five persons. No one is to slighted.